

Physical Education 7 – Middle School

COURSE DESCRIPTION: Through this online Physical Education course students will be exposed to many diverse activities and will learn a wide variety of fitness concepts that they will be able to use in their everyday lives. Students will learn lifelong skills such as rock climbing, orienteering, and ping-pong along with stress management concepts through Yoga and Pilates. Students will develop a sense of self-esteem and accomplishment through completion of fitness tests, attaining personal goals set, and learning to care for their body. Integrated assignments will show students that content areas of science, social studies, math, and English are littered throughout physical education and apply in our everyday activities. Quizzes, discussion boards, projects, and physical activity will be assessed weekly to gauge content understanding. After completion of this course students will have the knowledge to stay fit and stay active well beyond middle school.

COURSE OBJECTIVES:

- Calculate a Target Heart Rate Zone.
- Write long term and short term fitness goals.
- Graph fitness scores to show improvement.
- Identify science concepts in physical education.
- Use fitness training concepts to create their own training routine.
- Recognize the importance of core muscles in fitness.
- Participate in and identify lifelong activities that would benefit an individual person.
- Demonstrate knowledge of rules and guidelines for sports and activities.
- Demonstrate a sense of sportsmanship with regard to fair play, respecting officials, and their opponents.
- Communicate effectively both orally and in writing.
- Discuss pros and cons of popular training methods.
- Recognize the importance of lifelong fitness.

PREREQUISITES: None

COURSE LENGTH: One Semester

REQUIRED TEXT: No required textbook for this course.

MATERIALS LIST: No required materials for this course.

COURSE OUTLINE:

Unit 1: Fitness Testing

Unit 2: Fitness Components

Unit 3: Target Heart Rate

Unit 4: Goal Setting

Unit 5: Strength Training

Unit 6: Static and Dynamic Balance

Unit 7: Science Behind the Sports

Unit 8: Plyometric Training

Unit 9: Core Muscle Training

Unit 10: Kickboxing

Unit 11: Aerobic Dance

Unit 12: Yoga

Unit 13: Pilates

Unit 14: Cross Training

Unit 15: Orienteering

Unit 16: Rock Climbing

Unit 17: Table Tennis

Unit 18: Final Fitness Testing